

Get fit in six weeks with Energie's unique workout

LINSLADE gym owner Scott Wiseman is on top of his game and in the seven months since he took over the Energie Fitness Club in Leighton Road he has made massive improvements that benefit members and staff.

"An awful lot of effort has gone into the club; no area has been left untouched," he said.

"I am committed to offering my members the highest qualities in both product and service day in and day out.

"I have a super team at the club and we will always endeavour to listen and act upon our members' needs.

"Come and see any one of the highly-trained staff today and enquire about our unique, results-guaranteed, six-week fitness programme."

The club has six full-time dedicated fitness instructors supported by a strong team of experienced freelance specialists offering members the highest quality exercise products and services including:

- **Aerobics studio (30+ classes a week).**
- **Air conditioned CV gym.**



- **Cardio theatre with Sky TV.**
- **Free weights room.**
- **Personal training.**
- **Resistance gym.**
- **Spa, sauna and steam room.**
- **Spinning suite.**
- **Sunbed.**

- **Treatment room.**
- **Coffee shop.**
- **Social events.**

Energie Fitness Clubs across the UK offer a six-week results-guaranteed programme and the Linslade club is no different.

"By joining our six-week workout programme, you have taken the first step to achieving the fitness results you desire," said Mr Wiseman.

Our team will meet with you on a regular basis to help ascertain and achieve your goals as well as help you to understand the benefits of fitness and exercise."

For the whole six weeks, the unique Energie Fitness Club Empower workout programme will be with you every step of the way evaluating and recording your success as well as advising on diet, keeping your mind focused on achieving maximum results.

"I'm proud of my club," said Mr Wiseman.

To find out more telephone (01525) 853000.

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